

# **Mid-Atlantic Regional Chapter of the American College of Sports Medicine (MARC-ACSM)**

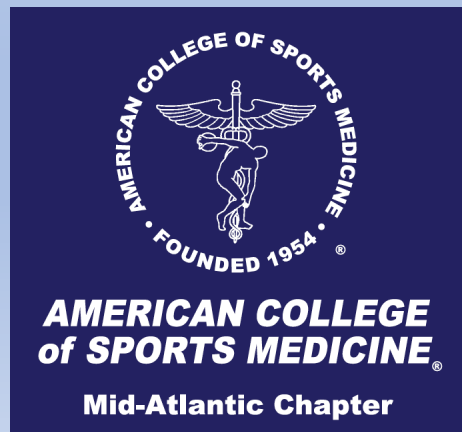
**43<sup>rd</sup> Annual Scientific Meeting – 2020  
Virtual Event**

**Synchronous, live content to be held  
November 6, 2020**

**Asynchronous, pre-recorded content available starting  
at 8:00 am on October 28, 2020**

**Access content here:**

<https://symposium.foragerone.com/marcacsm>





## President's Welcome Melissa Reed, PhD, ACSM C-EP, FACSM West Chester University

Welcome to the 43<sup>rd</sup> annual MARC ACSM conference! Wow. I'm not sure where to start as this certainly was not the letter I thought I would be writing at this time last year. First and foremost, I hope this message finds you all safe and healthy. Over the past seven months we have all had to adapt and adjust to our ever-changing environment, in both our professional and our personal lives. Your MARC ACSM Executive Board is no different, and I can proudly say that I am fortunate to be surrounded by a group of individuals that have worked diligently to transform our conference into a substantive virtual experience.

MARC ACSM experienced a change in leadership at the Executive Director position this year. Our fearless leader, Dr. Scott Kieffer, stepped down after eight years in the position. Scott took over as Executive Director in 2012 (after previously serving as President) and steered the chapter through tremendous member growth. Scott is a consummate leader that managed all aspects of the chapter seamlessly. Scott will be receiving the MARC ACSM Service Award this year and the award will be renamed the "H. Scott Kieffer MARC ACSM Service Award" in honor of the lasting contributions Scott has made to the chapter.

With Scott's departure, we welcome our new Executive Director, Dr. Stephen LoRusso. Steve is a Professor of Physical Therapy and the Coordinator of the Exercise Physiology Program at St. Francis University. Steve has been an active MARC member for many years and we are excited to have him on board. He certainly has had an interesting first year with us, to say the least.

We are excited to share with you the robust programming for the virtual conference this year. Our applied sciences keynote will be delivered by Dr. Joseph Houmard from East Carolina University and is titled "Is there a Metabolic Program for Obesity...and can Exercise Help?" This would be a great way to kick off your conference day at 8:00am on Friday November 6<sup>th</sup>! Fun fact, Joe was my thesis advisor during my masters degree at East Carolina University.

Dr. Elizabeth Joy, Past President of ACSM, practicing physician from Intermountain Healthcare in Utah will be giving the keynote for the physician track titled "Exercise is Medicine" at 11:15am and following that up with the Past-President talk titled "Preventing Type 2 Diabetes" at 1:00pm. Dr. Joy's research interests are in the areas of physical activity assessment and promotion, the Female Athlete Triad, and diabetes prevention.

Located in the program you will find information about the speakers and sessions as well as the abstracts for the poster presentations. Please note that while we are unable to have the College and Fitness Bowls, we are still having the student research award sessions where the students will be presenting their research in a live session. Also, not to miss is our virtual raffle this year, which supports our MARC ACSM student members. We will have a final wrap up and closing ceremonies at approximately 6:00pm on Friday, November 6.

My very best to you all. Stay safe, healthy, and well.

A handwritten signature in cursive script that reads "Melissa".

# President's Thank You!

I do not have enough room in this letter to adequately express my thanks and appreciation to the MARC ACSM Executive Board. This was truly a year like no other, and the adjustments the board made to make this conference possible are immeasurable. I would like to express my gratitude to Dr. Stephen LoRusso (Executive Director) and Dr. Joohee Sanders (Associate Executive Director) for being involved in all aspects of the planning and execution right there along with me; Dr. Devon Dobrosielski (President-Elect) for putting together a fantastic program; Dr. Kevin Heffernan (Past-President) who, in addition to handling the elections also composed an amazing document for faculty to use to integrate the conference into their classrooms; Dr. Emily Sauers (Vice-President) for keeping us all on track (me especially) delivering the news in the emails you receive from the chapter; Dr. Sara Campbell (Regional Representative) for assisting with all things student related and being a sounding board for all things conference related; Dr. Melissa Whidden (Secretary) for keeping minutes so well that I could go back and re-live the meeting when I forgot what I was supposed to be doing; Drs. Kathleen Sturgeon and Peter Hosick (Members at Large responsible for the Research Committee) for managing the abstract submission process with ease (over 70 abstracts were accepted this year!) and pivoting the presentation process to an online format; Drs. Gerald Jerome and Shannon Lennon (Members at Large responsible for the Expo Committee) for figuring out how to navigate the online process for exhibitors and university programs in order to bring you that content that should not be missed; Drs. Cayce Onks and Adam Susmarski (Physicians at Large) for putting together one of the most comprehensive physician tracks I have ever seen; and our extraordinary student representative, Ted DeConne, who organized the Meet the Experts session and virtual raffle. I am indebted to all of you – THANK YOU!

## Friday Nov 6- Applied Sciences Track

<b>Time</b>	<b>Theme</b>	<b>Featured Experts</b>
8:00 am - 8:45 am	<b>Keynote Address</b> "Is there a metabolic program for obesity . . .and can exercise help?"	<i>Joseph Houmard, Ph.D.</i>
9:00 am - 9:45 am	<b>Concussion</b> "Emerging evidence and challenges in concussion research for clinicians and scientists"	<i>Jessie Oldham, Ph.D.</i> <i>Jacob Resch, Ph.D., AT</i> <i>Thomas Buckley, Ed.D., ATC</i>
10:00 am - 10:45 am	<b>Occupational Health</b> "If sitting is the new smoking, can standing be the Nicorette fix?"	<i>Peter Hosick, Ph.D., ACSM C-EP</i> <i>Bethany Barone-Gibbs, Ph.D.</i> <i>April Chambers, Ph.D.</i>
11:15 am - 12:00 pm	<b>Clinical Keynote Address</b> "Exercise is Medicine"	<i>Elizabeth A. Joy, M.D., MPH</i>
12:00 pm - 12:45 pm	<b>Dementia</b> "Lifestyle therapies to live a "good life" for adults with dementia and their care partners"	<i>Stella Volpe, Ph.D.</i> <i>Michael Bruneau, Ph.D.</i>
1:00 pm - 1:45 pm	<b>Past President's Lecture</b> "Preventing Type 2 Diabetes"	<i>Elizabeth Joy, M.D., MPH</i>
2:00 pm - 2:45 pm	<b>Cancer</b> "Exercise oncology across the lifespan: pediatric, adult and older adult trials and outcomes"	<i>Karen Mustian, Ph.D., MPH</i> <i>Kirsten Ness, P.T., Ph.D., FAPTA</i> <i>Ciaran Fairman, Ph.D.</i>
3:00 pm - 3:45 pm	<b>Long Term Athlete Development</b> "Ten keys to movement across the lifespan"	<i>Rick Howard, D.Sc.</i> <i>Tony Moreno, Ph.D., CSCS*D</i> <i>Peng Zhang, Ph.D.</i>
6:00 pm - 6:30 pm	<b>Closing remarks &amp; Announcement of Student Award Winners</b>	



## Friday Nov 6- Physician Track

<b>Time</b>	<b>Theme</b>	<b>Featured Experts</b>
8:00 am - 8:10 am	<b>Welcome Address</b>	<i>Cayce Onks, D.O.</i> <i>Adam Susmarski, D.O.</i>
8:15 am - 9:00 am	<b>Sports Nutrition</b> "Assisting the athlete through nutrition intervention"	<i>Kayla Martin, R.D, CSSD, LDN</i>
9:00 am - 9:45 am	<b>Infectious Disease</b> "Sports in the era of COVID-19"	<i>Liam Sullivan, D.O.</i>
9:45 am - 10:30 am	<b>Mental Health</b> "When athletes are in the Red: Understanding performance excellence under stress"	<i>Jess Mohler, Psy.D.</i>
10:30 am - 11:15 am	<b>Technique</b> "Sideline sports ultrasound"	<i>Ryan Kruse, M.D.</i>
11:15 am - 12:00 pm	<b>Clinical Keynote Address</b> "Exercise is Medicine"	<i>Elizabeth A. Joy, M.D, MPH</i>
1:00 pm - 2:00 pm	<b>Clinical Case Studies</b> Session 1	
2:15 pm - 3:15 pm	<b>Clinical Case Studies</b> Session 2	
3.35 pm - 5:30 pm	<b>Virtual Happy Hour!</b>	

## Clinical Case Studies- Session 1

<b><i>Time</i></b>	<b><i>Topic</i></b>	<b><i>Presenters</i></b>
1:00 - 1:12 pm	Numbness and tingling and pain, oh my!: Unexpected etiology of leg pain in a Division 1	<i>Stephanie A. Carey</i>
1:12 - 1:24 pm	Deep peroneal neuropathy: Sequela of a missed acute exertional compartment syndrome	<i>John W. McNeil II</i>
1:24 - 1:36 pm	Atypical chronic lateral tibia plateau stress fracture in a female athlete	<i>Altamash E. Raja</i>
1:36 - 1:48 pm	Weak in the knees: Atraumatic Knee Pain in a 30- year-old runner	<i>Megan B. Sanborn</i>
1:48 - 2:00 pm	Groin injury in a power lifter	<i>Chelsea Backer</i>

## Clinical Case Studies- Session 2

<b><i>Time</i></b>	<b><i>Topic</i></b>	<b><i>Presenters</i></b>
2:15 - 2:27 pm	Right knee pain - Men's half marathon runner	<i>Talha M. Khan</i>
2:27 - 2:39 pm	Swelling from down under . . . The patella	<i>William A. Rieck</i>
2:39 - 2:51 pm	Stuck from the start: A case of decreased shoulder range of motion in strength training	<i>Mehwish Moinuddin</i>
2:51 - 3:03 pm	Knee injury in a recreational athlete	<i>Briana N. Fedorko</i>
3:03 - 3:15 pm	Underage athletes illegal activity and the ethical responsibilities of the team physician	<i>Samantha C. Willer</i>

## Friday Nov 6- Student Track

<i>Time</i>	<i>Theme</i>	<i>Featured Experts</i>
9:00 am - 10:30 am	<b>Free Communication 1</b> MARC-ACSM Mathew Kerner Undergraduate Student Investigator Award Nominees	
11:00 am - 12:30 pm	<b>Free Communication 2</b> MARC-ACSM Master's Student Investigator Award Nominees	
2:00 pm - 3:30 pm	<b>Free Communication 3</b> MARC-ACSM Doctoral Student Investigator Award Nominees	
3:30 pm - 4:15 pm	<b>Career Development</b> "Building a career in the exercise sciences"	<i>David Diggin, Ph.D.</i> <i>Christopher Harnish, Ph.D.</i> <i>Seth Seaborne, M.S., ACSM C-EP</i>
4:30 pm - 5:30 pm	<b>Meet the Experts</b>	<i>Joseph Houmard, Ph.D.</i> <i>Bethany Barone-Gibbs, Ph.D.</i> <i>Ken Clark, Ph.D., CSCS</i> <i>Kirsten Ness, P.T., Ph.D., FAPTA</i>

## Starting Wed Oct 28- Asynchronous Student Career Focused Content

<i>Theme</i>	<i>Featured Experts</i>
"Building a career in applied physiology and biomechanics"	<i>Ken Clark, Ph.D., CSCS</i>
"The professional doctorate in CEP - Preparing students to meet the professional demands of an evolving patient population"	<i>Cemel Ozmek, Ph.D., ACSM CEP, FACSM</i>
"From Jock to Doc: My journey from exercise science to a medical degree"	<i>Casey Meizinger, M.D.</i>

# MARC ACSM Executive Board Members

President	<b>Melissa Reed, Ph.D., ACSM C-EP, FACSM</b> West Chester University mreed@marcacsm.org
Past President	<b>Kevin Heffernan, Ph.D., FACSM</b> Syracuse University ksheffer@syr.edu
President-elect	<b>Devon Dobrosielski, Ph.D., FACSM</b> Towson University ddobrosielski@towson.edu
Vice President	<b>Emily Sauers, Ph.D., FACSM</b> East Stroudsburg University esauers@esu.edu
Secretary	<b>Melissa Whidden, Ph.D., FACSM</b> West Chester University mwhidden@wcupa.edu
2 <sup>nd</sup> Year Member-at-Large – Expo	<b>Gerald Jerome, Ph.D., FAHA, FACSM</b> Towson University gjerome@towson.edu
2 <sup>nd</sup> Year Member-at-Large – Research	<b>Kathleen Sturgeon, Ph.D., MTR</b> Penn State Hershey Medical Center Kms99@psu.edu
1 <sup>st</sup> Year Member-at-Large - Expo	<b>Shannon Lennon, Ph.D.</b> University of Delaware slennon@udel.edu
1 <sup>st</sup> Year Member- at-Large - Research	<b>Peter Hosick, Ph.D.</b> Montclair State University hosickp@montclair.edu
2 <sup>nd</sup> Year Physician-at-Large	<b>Cayce Onks, D.O., MS, ATC</b> Penn State Hershey Medical Center conks@pennstatehealth.psu.edu
1 <sup>st</sup> Year Physician-at-Large	<b>Adam Susmarski, D.O.</b> United States Naval Academy susmarsk@gmail.com
Student Representative	<b>Ted DeConne</b> University of Delaware deconnet@udel.edu
ACSM Regional Chapter Representative	<b>Sara Campbell, Ph.D., FACSM</b> Rutgers University saracamp@rci.rutgers.edu
Associate Executive Director	<b>Joohee Sanders, Ph.D.</b> Shippensburg University JISanders@ship.edu
Executive Director	<b>Stephen LoRusso, Ph.D.</b> St. Francis University executive@maracsm.org

## Continuing Medical Education Credits (CME's)

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Penn State College of Medicine and MARC ACSM. Penn State College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Penn State College of Medicine designates this live activity for 6.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Continuing Education Credits (CEC/CEU's)

MARC ACSM is an approved CEC provider for ACSM. Please contact Stephen LoRusso, MARC ACSM Executive Director at [executive@marcacsm.org](mailto:executive@marcacsm.org), to receive your CEC certificate. The ACSM's Professional Education Committee certifies that this Continuing Education offering meets the criteria for 8 credit hours of ACSM Continuing Education Credit (CEC).

NSCA professional should request a certificate of attendance from Stephen LoRusso for submission related to certifications. Individuals with other certifications (NATA, AFAA, ACE, etc.) should also request a certificate of attendance in order to petition CEC's from a certifying organization. MARC ACSM is not responsible for determining if such organizations will or will not approve CEC's from attending the MARC ACSM meeting.

# Student Awards

MARC-ACSM is pleased to present the following awards:

- **MARC-ACSM Matthew Kerner Undergraduate Student Investigator Award**  
Eligible individuals are a current or recently graduated UG student who is not enrolled in a Master's level program. The purpose of this award is to recognize and support undergraduate student investigative research. The winner receives a plaque and \$250. All undergraduate students who submitted an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting were eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting.
- **MARC-ACSM Master's Student Investigator Award**  
Eligible individuals are any student who is currently enrolled in a Master's level program, even if the work was completed as an UG student. The purpose of this award is to recognize and support Master's level student investigative research. The winner receives a plaque and \$400. All Master's students who submitted an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting were eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting.
- **MARC-ACSM Doctoral Student Investigator Award**  
Eligible individuals are any student who is currently enrolled in a doctoral or medical program, even if the work was completed as a Master's student. The purpose of this award is to recognize and support graduate student investigative research. The winner receives a plaque and \$500 to be used to defray either travel costs to the National ACSM meeting or her/his research expenses. All doctoral students who submitted an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting were eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting.

*The MARC-ACSM Research Committee screens all student abstracts that are submitted for an oral presentation using a rubric. The top five ranked abstracts for each academic category identified above will be presented by the lead author during the Free Communication virtual sessions on November 6. These finalists are ranked by members of the MARC-ACSM Research Committee to determine the award recipients. All winners will be announced during the closing remarks session of the meeting, starting at 6:00 pm.*

The members of the MARC-ACSM Executive Board extend our thanks to those who served on the 2020 Research Committee. We appreciate your hard work and dedication.

## Grad Fair !!!

The conference has drawn top graduate schools from the area. You can find the graduate schools on the conference website by searching for university programs.

## Exhibitors

Please visit our exhibitors on the conference website by searching for exhibitors.

## Student Fund Raffle

Each year the MARC-ACSM Student Representative conducts a raffle where a variety of prizes (e.g., textbooks, etc.) are awarded. This year tickets can be purchased online at <https://go.rallyup.com/2020marc-acsm>. All proceeds from the student raffle are used to support our student representative's trip to the National ACSM Annual Scientific meeting.

The raffle will end on November 8 at 11:59 pm and the winners will be drawn at random on November 9 at 11:59 pm. Winners will be automatically notified on November 10 at 10:00 am.



## Featured Presentations



### Keynote Address

**Is there a metabolic program for obesity . . . and can exercise help?**

*Joseph A. Houmard, Ph.D.*

Dr. Houmard has been employed at East Carolina University in Greenville, NC since 1988. He is currently a Professor in the Department of Kinesiology and Director of the Human Performance Laboratory. He is an author on > 150 scientific papers and book chapters and has been funded by the National Institutes of Health for his research. Dr. Houmard's research focuses on skeletal muscle metabolism and how it is altered with conditions such as aging, insulin, resistance, and obesity and how interventions such as weight loss and exercise exert their positive effects.



### Clinical Keynote

**Exercise is Medicine**

### Past President's Lecture

**Preventing Type 2 Diabetes**

*Elizabeth A. Joy, M.D., MPH*

# Concussion



## *Jessie R. Oldham, Ph.D. – Dynamic Postural Control Impairments Following Concussion*

Dr. Oldham is a post-doctoral research fellow at The Micheli Center, and a lead research technologist in the Division of Sports Medicine at Boston Children's Hospital. Dr. Oldham completed her undergraduate education at North Carolina State University in 2011, with Bachelor of Science degrees in biology and nutrition. She was also a university scholar athlete as a member of NC State's cheerleading team. She completed her master's degree in kinesiology from the University of North Carolina at Charlotte in 2014 where she also received the Outstanding Graduate Student Award. Dr. Oldham received her PhD in applied physiology from the University of Delaware in May 2018. During her doctoral career, she was a finalist for the NATA Foundation Doctoral Student Award, an American Kinesiology Association scholar, and the University of Delaware Exercise Science Outstanding Graduate Student Award winner. Her primary research focus is sport-related concussion and postural control.

## *Jacob E. Resch, Ph.D., AT – Diagnostic Measures of Sport Concussion: Reconsider the Old, Question the New*

Dr. Resch completed his doctorate at the University of Georgia in 2010 and served as faculty at the University of Texas at Arlington until 2014. Dr. Resch, his wife Celeste and two children Maxwell and Hudson transitioned to the University of Virginia where he serves as faculty within the Department of Kinesiology's graduate Athletic Training and Sports Medicine programs, as a co-director of the Exercise and Sports Injury laboratory, and as an executive committee member of the University of Virginia Brain Injury and Sport Concussion Institute. The focus of Dr. Resch's research is to examine the measurement properties of current and novel clinical measures of sport concussion used to assess young and adult athletes. Dr. Resch's research has been supported by the National Athletic Trainers' Association Foundation, the Defense Advanced Research Projects Agency and other sponsors. Dr. Resch has published his research in a variety of journals and has presented his findings at regional, national and international meetings.



## *Thomas Buckley, Ed.D., ATC – Age of First Exposure to Collision Sports and Neurological Health*

Dr. Buckley is an Associate Professor of Athletic Training in the Department of Kinesiology and Applied Physiology at the University of Delaware where he conducts Concussion related research and co-directs the University's involvement in the NCAA/DoD Grand Alliance CARE consortium. Dr. Buckley has a Bachelor of Science in Athletic Training from Springfield College, a Master of Science in Athletic Training from Indiana State University, and a Doctorate in Applied Physiology from Columbia University Teachers College. Dr. Buckley has over 100 peer reviewed publications and been awarded over 2 million dollars in research funding from the NIH, DoD, Office of Naval Research, Army Research Office, NCAA, and the State of Delaware Economic Development Office.

# Occupational Health



*Peter Hosick, Ph.D., ACSM C-EP – **Don't stand all day at work***

Dr. Hosick is an Associate Professor of Exercise Science in the College of Education and Human Services at Montclair State University in Montclair NJ. His most recent research involves the metabolic and cardiovascular response to various forms of physical activity and exercise. Prior to arriving at Montclair State, Dr. Hosick completed a NIH funded Post-doctoral research fellowship in the Department of Physiology and Biophysics at The University of Mississippi Medical Center in Jackson, MS. Beyond his work, Dr. Hosick enjoys running, hiking, and flying kites with his wife and two young sons.

*Bethany Barone-Gibbs, Ph.D., – **Don't sit all day at work***

Dr. Barone Gibbs is an Associate Professor of Health and Human Development, and Clinical and Translational Science at the University of Pittsburgh. She trained in cardiovascular epidemiology and studies the prevention and treatment of obesity and cardiometabolic disease through healthy lifestyle behaviors. Her interests include population and intervention studies of physical activity, sedentary behavior, and eating habits as they related to hypertension, subclinical cardiovascular disease, diabetes, and obesity. Most recently, her research has focused on sedentary behavior in special populations, including pregnancy, low back pain, hypertension, and office workers.



*April J. Chambers, Ph.D. – **Don't stand, don't sit, do both?***

Dr. Chambers is an Assistant Professor in the Departments of Health & Human Development and Bioengineering at the University of Pittsburgh with research expertise in the fields of human movement, biomechanics, and injury prevention. Dr. Chambers serves as the Laboratory Director of the Human Movement and Balance Laboratory. The overall goal of her research is musculoskeletal injury prevention while improving health and human performance. Dr. Chambers research interests include biomechanics, ergonomics, and injury prevention in healthy and diverse populations as well as medical device design and translational research.

# Dementia

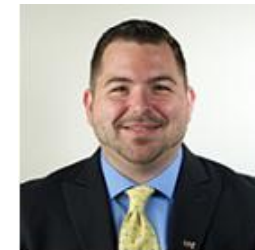


*Stella Lucia Volpe Ph.D., RDN, ACSM C-EP , FACS*– ***Dietary strategies and considerations for adults living with dementia***

Dr. Volpe is Professor and Head of the Department of Human Nutrition, Foods, and Exercise at Virginia Tech. Her degrees are in both Nutrition and Exercise Physiology; she also is an American College of Sports Medicine (ACSM) Certified Clinical Exercise Physiologist®, a Registered Dietitian Nutritionist, and a Fellow of the ACSM. Dr. Volpe's research focuses on obesity and diabetes prevention using traditional interventions, mineral supplementation, and by altering the environment to result in greater physical activity and healthy eating. She also conducts research on athletes of all levels, from recreational to professional. Prior to beginning her faculty appointment at Virginia Tech, Dr. Volpe was Professor and Chair of the Department of Nutrition Sciences at Drexel University for almost 10 years. Prior to that, she was on faculty at the University of Pennsylvania, and at the University of Massachusetts Amherst. She is Past-Chair of the United States' President's Council for Fitness, Sports and Nutrition, and a past Vice President of the ACSM. Dr. Volpe is Editor-in-Chief of Current Nutrition Reports. She is an associate editor of ACSM's Health & Fitness Journal®, Translational Journal of ACSM, Health Equity, and Nutrition and Health. Dr. Volpe enjoys hiking with her husband and German Shepherd dogs. She is also a competitive field hockey player, ice hockey player, rower, and works out and competes in CrossFit.

*Michael Bruneau, Ph.D., – Exercise recommendations for adults living with dementia: Benefits of and strategies for supporting a “Good Life”*

Dr. Bruneau is an Assistant Professor of Health Sciences in the College of Nursing and Health Professions with a joint appointment in the Department of Nutrition Sciences at Drexel University. His research interests include the use of physical activity and exercise as nonpharmacological lifestyle therapies for the prevention, treatment, and control of cardiometabolic disease. His more recent work has involved the examination of supervised exercise in clinical populations including those living Alzheimer's disease and related dementias. He has served on regional and national committees for the American College of Sports Medicine and the Clinical Exercise Physiology Association.



# Cancer



## *Karen Mustian, Ph.D., MPH– Trials and outcomes in older adults with cancer*

Dr. Mustian is a Co-Director of the Wilmot Cancer Institute Cancer Control and Survivorship Research Program, Co-Director and MPI of the University of Rochester Cancer Center (URCC) NCORP Research Base, Director of the University of Rochester Medical Center (URMC) PEAK Human Performance Clinical Research Laboratory, and a Full Professor in the Departments of Surgery, Radiation Oncology, and Public Health Sciences. Dr. Mustian's research is in the area of cancer control and survivorship with primary foci on investigating the influence of exercise (i.e., exercise, yoga, tai chi) on symptoms and side effects stemming from cancer and its treatments. She has acquired over \$80 million in research funding and authored over 150 articles and book chapters in the field of exercise and cancer control. Dr. Mustian has earned 40 awards internationally for her excellence in research and leadership

## *Kirsten Ness, P.T., Ph.D., FAPTA –Interventions to prevent, remediate and restore functional loss in children with cancer – design, implementation, outcomes*

Dr. Ness is a physical therapist and clinical epidemiologist with over 35 years of clinical experience. Her work is focused on identifying risk factors for functional loss and the mechanisms responsible for functional loss in children with cancer and in childhood cancer survivors. She is a full member of the faculty at St. Jude Children's Research Hospital in the Department of Epidemiology and Cancer Control. She has active funding from the National Cancer Institute for her ongoing work and serves on the editorial boards of Pediatric Physical Therapy, Rehabilitation Oncology and Physical Therapy. She is an active member of the Children's Oncology Group, Serving on the Survivorship and Outcomes Committee and on the advisory Board for the Long-Term Follow Up Guidelines for Survivors of Pediatric and Adolescent Cancer. She has written over 250 peer reviewed manuscripts and mentored multiple young investigators early in their career.



## *Ciaran Fairman, Ph.D. – Low muscle mass in cancer: Overview and Implications*

Dr. Fairman is the Director of the Exercise Oncology Research Lab at the University of South Carolina. His research focuses on the impact of exercise, nutrition and supplementation in the management of muscle loss in individuals with cancer. Ciaran received his PhD in Kinesiology from Ohio State University and recently completed a Post-Doctoral Research Fellowship in Exercise Oncology within the School of Medical and Health Science (SMHS) at Edith Cowan University. He holds certifications through the National Strength and Conditioning Association (CSCS) and The American College of Sports Medicine (CET, CEP) and has over a decade of experience specifically designing exercise programs for individuals with cancer. Ciaran is also strong advocate of the dissemination of scientific research to a variety of audiences. He is the founder, CEO, and chief exercise physiologist at REACH (Research in Exercise and Cancer Health), a company designed to provide evidence-based information of physical activity to health/medical professionals and individuals with cancer.



# Long Term Athlete Development



*Rick Howard, D.Sc, CSCS\*D, FNSCA*

Rick Howard, DSc, CSCS, \*D, FNSCA Rick Howard earned his doctorate in Health Promotion and Wellness from Rocky Mountain University of Health Professions. He is an Assistant Professor in Applied Sports Science at West Chester University (PA), Kennari (Teacher) at Keilir Health Academy in Ásbrú, Iceland, and Fellow of the National Strength and Conditioning Association. He is the co-founder of LTAD Playground and works on many projects to create a physically literate culture. He contributes peer-reviewed articles, blogs, and podcasts and presents nationally and internationally on long-term athletic development (LTAD) and the application of concepts of pediatric exercise science for coaches, personal trainers, physical education teachers, and those who wish to improve the lives of our young people. Rick is a Masters' Strongman competitor and a social media junkie [follow him on Facebook, Twitter, and/or Instagram at rihoward41]

*Tony Moreno, Ph.D., CSCS\*D*

Dr. Moreno is Professor of Kinesiology at Eastern Michigan University and visiting professor at Michigan State University and West Virginia University. Currently in his 20th year as coach educator for the Michigan (US) High School Athletic Association (MHSAA), he has created and disseminated materials in the areas of athlete development, performance enhancement, and injury prevention for the MHSAA Coaches Advancement Program, the US Lacrosse Athlete Development Model, SHAPE America, and the NSCA.



*Peng Zhang, Ph.D.*

Dr. Zhang is a professor of physical education in East Stroudsburg University of Pennsylvania. Prior to this position, Dr. Zhang received his Ph. D from the Ohio State University in 2008 and was awarded as a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA) in the U.S in 2015. Up to date, Dr. Zhang has published more than 20 manuscripts in SCI and SSCI journals including Journal of Teaching in Physical Education, The Journal of Sports Medicine and Physical Fitness, Journal of Physical Activity and Health, BMC Public Health, and Journal of Human Sport and Exercise and he has made 38 presentations at international, national, and regional conferences. Dr. Zhang has been a reviewer for 11 peer-reviewed journals and conferences. As an experienced physical educator, he loves and show extensive potentials in teaching, research, and service. In 2018 Dr. Zhang received an Excellent Teaching Award by the International Chinese Society for Physical Activity and Health (ISCPAH). The Research Consortium of SHAPE AMERICA awarded Dr. Zhang as a Research Fellow for the professional organization of Physical Education and Sport Coaching in the U.S.



## Sports Nutrition



### *Kayla Martin, MS, RD, CSSD, LDN- Assisting athletes through nutrition intervention*

Kayla is the Assistant Athletic Director for Performance Nutrition Services. Kayla returned home to Penn State in Fall of 2017 to oversee all aspects of student-athlete nutrition for the 31 intercollegiate athletic teams as well as academic responsibilities for the school of Health and Human Development. Kayla is a 2005 Penn State alumna of the track and field and cross country programs and received her bachelors in Nutritional Sciences. She continued her education at The University of Tennessee earning a Masters in Sports Psychology in '06. During her time at Tennessee she was a volunteer track and field coach and earned her USATF Level 1 Coaching certification. Kayla then completed her Dietetic Internship at the Mayo Clinic School of Health Sciences en route to becoming a Registered Dietitian Nutritionist (RD/N).

## Infectious Disease



### *Liam Sullivan, D.O. - Sports in the era of COVID-19*

Dr. Sullivan graduated with Bachelors of Science in Microbiology from Michigan State Univ in 1993 and worked in occupation health & safety for 10 years before starting medical school in 2003. He graduated from MSU College of Osteopathic Med in 2007 and completed an internal medicine residency between 2007-2010 at MetroHealth Hospital in Grand Rapids. He then completed infectious disease fellowship training at the Cleveland Clinic 2010-2012. Since 2012, he has been an attending infectious disease physician with Spectrum Health Medical Group in Grand Rapids, MI. Dr. Sullivan's special interests in infectious disease include infections on bone marrow transplant patients and antimicrobial stewardship. Since the beginning of the COVID-19 pandemic, he has been involved with the Spectrum Health COVID-19 Clinical Practice Council.

## Mental Health



### *Jess Mohler, PsyD- **Mental Health in the Athlete***

Dr. Jessica M. Mohler is the Assistant Director and Coordinator of Sport Psychology Services at the Midshipmen Development Center, United States Naval Academy. Her work is influenced from training in both kinesiology and psychology, being a Naval Officer, and contributing to the development of military leaders. She provides counseling and mental skills training to student athletes, athletic teams, and specialized military groups. She developed and currently supervises a sports psychology practicum for advanced level clinical and counseling doctoral students. She will also be a lecturer in the newly established IOC Diploma Program in Mental Health in Elite Sport for sports medicine physicians. Dr. Mohler was most recently the Chair of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports. She has been a member of the NCAA's Mental Health Task Force, Sleep Task Force and Diverse Student Athlete Well Being Task Force.

## Technique



### *Ryan Kruse, M.D., CAQSM, RMSK- **Sideline sports ultrasound***

Dr. Kruse is a Sports Medicine Physician and an Assistant Professor in the Department of Orthopedics and Rehabilitation at the University of Iowa. He is also a team physician for US Soccer and USA Rugby. He completed his Physical Medicine and Rehabilitation residency at the Mayo Clinic and his Sports Medicine fellowship at the University of Iowa. He specializes in the use of sports ultrasound for the diagnosis and treatment of soft tissue injuries including tendons, ligaments, muscles, and nerves. Additionally, he has a special interest in the use of orthobiologic treatments for acute and chronic musculoskeletal conditions. He currently has multiple ongoing research studies involving sports ultrasound and orthobiologics. He is involved in numerous national organizations including AMSSM, ACSM, and AAPMR, and has taught sports ultrasound at the local, regional, and national level.



# Career Development

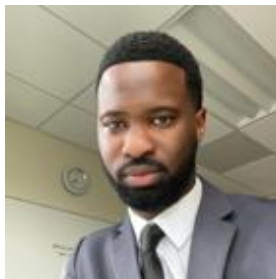


*David Diggan, Ph.D-*

Dr. Diggan is an assistant professor and coordinator of the Strength & Conditioning concentration in the Department of Exercise Science and Athletic Training at Ithaca College. He has published in areas of biomechanics and strength and conditioning research. He is a National Strength and Conditioning Association Certified Strength and Conditioning Specialist.

*Christopher Harnish, Ph.D-*

Dr. Harnish is the founding Program Director for Mary Baldwin University's Exercise Science program. He holds certifications with the ACSM (c-EP) and NSCA (CSCS) and is a Level 1 USA Weight coach. In his 10-year stint between his Master's and PhD he's competed as an elite road cyclist and XTerra triathlete, and has worked as an endurance coach, race promoter, barista, bike mechanic, and several other jobs he's since forgotten before joining Mary Baldwin in 2019. Prior to MBU, he taught at VCU, Ferrum College, and Shenandoah University.



*Seth Seaborne, M.S. ACSM CEP-*

Mr. Seaborne is a graduate of VCU (BS) with an eye on Physical Therapy School. However, life's road blocks set him on a new path. After finishing his master's degree at Liberty University, Seth built on his work experience and persistence to find a home at Virginia's best children's hospital. At VCU's Children's Hospital of Richmond, Seth works as a pediatric clinical exercise physiologist.

# Asynchronous Presenters



***Ken Clark- Ph.D., CSCS - Building a Career in Applied Physiology and Biomechanics***

Dr. Clark is an Associate Professor in the Department of Kinesiology at West Chester University. Ken's research interests include the mechanical factors underlying athletic performance and injury mechanisms, and he has special expertise in speed and agility development. In addition to teaching and conducting research, Ken has over a decade of strength & conditioning coaching experience. He has coached in the private sector (Summit Sports Training Center), the high school level (Dallas Jesuit Prep), and in the collegiate setting (Dickinson College and Haverford College). Starting in 2017, Ken has worked with the sprinters on the WCU Track and Field team, and has also been a biomechanics consultant for USA Track and Field. Ken has certifications from the NSCA, USA-Weightlifting, and USA Track & Field. Ken received his PhD in Applied Physiology and Biomechanics from Southern Methodist University

***Cemel Ozmek, Ph.D., ACSM CEP, FACSM- The professional doctorate in CEP - Preparing stuents to meet the professional demands of an evolving patient population***

Dr. Ozmek is a Clinical Associate Professor and Director of the Cardiac Rehabilitation Program at the University of Illinois at Chicago. He has extensive experience working in clinical settings that provide exercise testing and lifestyle interventions to cardiac, pulmonary, bariatric surgery and cancer patients as well as healthy older adults. Dr. Ozemek's research interests focus on studying the effects of physical activity and exercise on cardiovascular function in healthy and diseased populations; exploring interventions that promote regular physical activity participation and investigating strategies that enhance the delivery of cardiac rehabilitation with the aim of improving patient outcomes.



***Casey Meizinger, M.D. - From Jock to Doc: My journey from exercise science to a medical degree***

Dr. Meizinger is an Internal Medicine resident physician at Abington Jefferson Health in Abington, PA. She was a Division I Student-Athlete at the University of Louisville, where she graduated Summa Cum Laude in Exercise Science. She went on to complete her MD degree with AOA honors at Temple University School of Medicine in Philadelphia, PA. She is also an American College of Sports Medicine certified personal trainer. Prior to medical school, she worked for Back on My Feet, an organization that advocates for Philadelphia's homeless population through running. During medical school she taught yoga and integrative medicine to medical students. Early in residency, she enjoyed competitive road and trail running with the San Francisco-based Bay Birds racing team. Most recently, Casey has led group classes and individualized personal training at Balance Gym, located in Philadelphia, PA. She loves sharing her story of how she started off in an Exercise Science field, and transitioned to that of Cardiology and medicine.